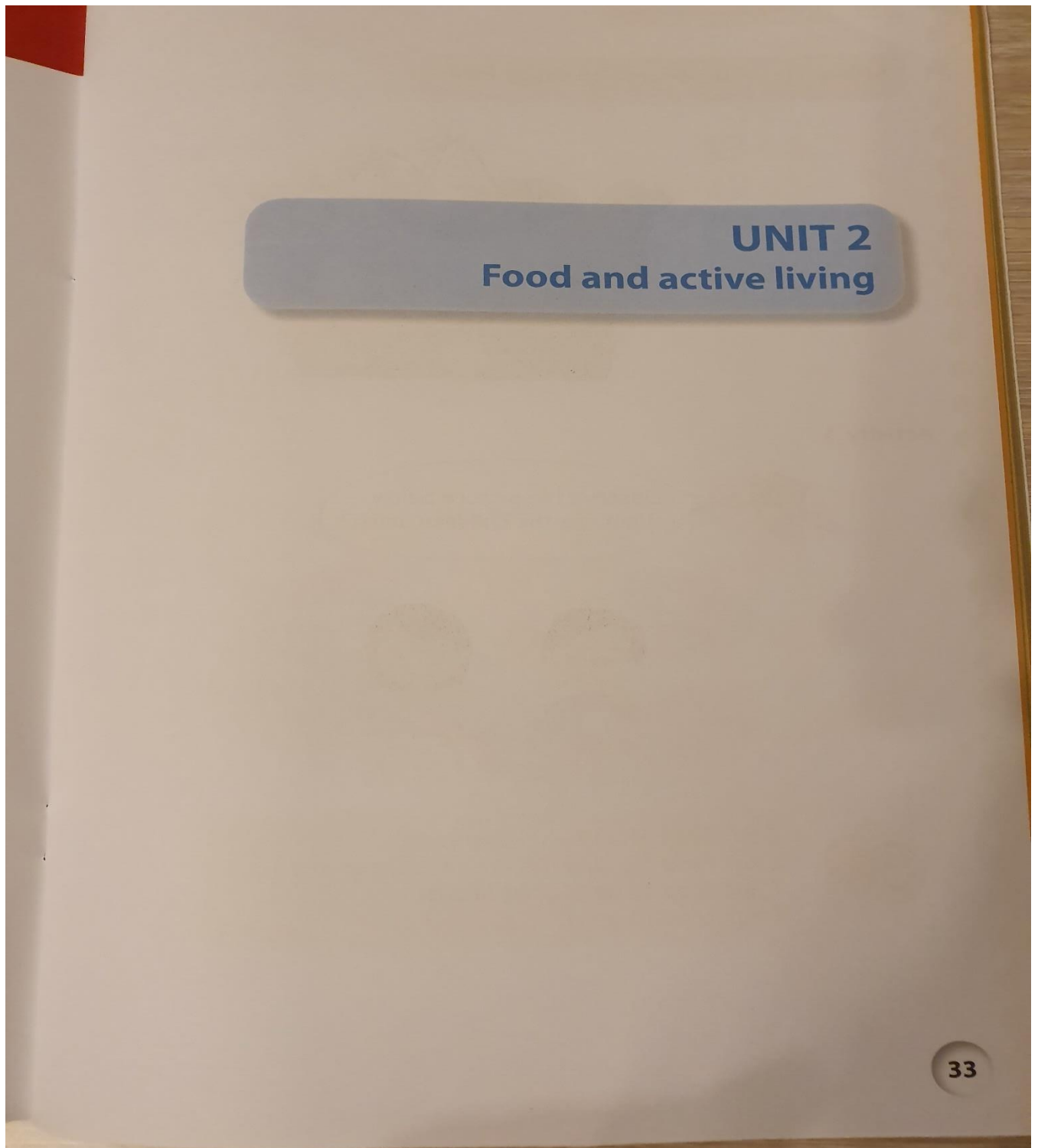


GRADE 2 HEALTH EDUCATION – CONTINUING THE SYLLABUS

TEXT BOOK PG 34 AND 35 FOR REFERENCE



Lesson 1(a) - Importance of eating food



Activity 1



Observe the picture below.
What are the children doing?



I eat food when I am hungry.
I eat food because I like the taste of the food.
I eat food to be in good health.
I eat food to grow.

Activity 2

I tick the correct box to show why it is important to eat food.

- | | |
|-----------------------------------------------|--------------------------|
| 1. I eat food to become strong. | <input type="checkbox"/> |
| 2. I eat food to become weak. | <input type="checkbox"/> |
| 3. I eat food to grow up. | <input type="checkbox"/> |
| 4. I eat food to become lazy. | <input type="checkbox"/> |
| 5. I eat food to grow healthy. | <input type="checkbox"/> |
| 6. I eat food to be able to do my homework. | <input type="checkbox"/> |
| 7. I eat food to have strong bones and teeth. | <input type="checkbox"/> |

